



GFT BOOTCAMP

Are you overly healthy and fit?

If you are, great! If you aren't, we have what you need! Group Fitness Training can help you reach all your health and fitness goals whether you're a beginner or an advanced exerciser. Each class consists of 1 hour of fat melting exercises designed to help you lose weight and build stronger muscles and bones.

Change your life with GFT!

Benefits:

- Diet Advice
- Certified Trainer to guide you to a healthier life
- Body Fat Analysis
- Most importantly, a healthier YOU!

Your Investment:

- Members only \$5 per class!
- Non-members \$10 per class!
- Non-member group rate \$5 per class!
- Hard work and dedication!

Non-member Group Discount Available! Call for Details.

Prevention Park YMCA

Mon, Wed and Fri at 9 am, 12 pm or 4 pm
and Saturday at 8 am.

Downtown YMCA

Tuesday and Thursday at 5:30 pm

Join class anytime, any day!

Visit www.state-journal.com and search GFT to read a featured story about the program!

Call or email Dan Spicer with any questions
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